■ ENTERTAINMENT / A5
Off-cam tension between Angel and Nadine

■ WORLD / A12
At least a million Americans flee giant hurricane

■ ACROSS / A17
Investors wary of fight over Subic top post

■ NEWS / A2
Bomb in Basilan ferry blast meant to burn, says PNP

World price hits $70 a barrel; Asia nervous

PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Oil firms earn billions of pesos amid crisis

Economy grows 4.8%

RP shows resilience despite El Niño, rising fuel prices

DESPITE surging oil prices and the adverse effects of El Niño on farm output, the Philippine economy showed resilience, posting modest growth in the second quarter of the year, officials said yesterday.



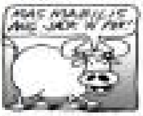
KATRINA'S FURY

Solons denounce plot to kill impeach bid today

DBM to release ₱5.7B for infra projects this week



Manila Hotel seeks permit to run Naia 3



Joker: Impeach debates may outlast Congress

NAVOTAS ROBBERY

2 cops prove there are still heroes



Second FRONT PAGE

PNP: Bomb designed to burn

By Dona Z. Pazzibugan and Jeoffrey Maitem, Julie Alipala and Charlie C. Señase
PDI Mindanao Bureau

THE BOMB that injured 30 people on a passenger ferry appeared to have been designed to only cause a fire, the Philippine National Police said Monday, while President Macapagal-Arroyo blamed terrorists, with officials pointing the finger at the al-Qaida-linked Abu Sayyaf group.







Police can't guarantee safety from terrorists

RP banking on ethanol, the 'fuel of the future'



MAGSAYSAY LAUREATES The six Magsaysay Awardees link hands at their presentation to the press Monday in Manila. They are, from left, Jon Ungphakorn-Government Service; Teten Masduki-Public Service; V. Shanta-Public Service; Sombath Somphone-Community Leadership; Matiur Rahman-Journalism, Literature, and Creative Communication; and Hye-Ran Yoon-Emergent Leadership. KIM ZAMORA

Lao educator shows how to teach shy kids 'courage'

By Volt C. Contreras

ONE of this year's Ramon Magsaysay awardees, farmer-educator Sombath Somphone of Laos shares a tip on how teachers can help young people come out of their shell, develop communication skills and eventually build leadership traits.

Running a non-profit youth and livelihood training center based in Vientiane, Somphone has devised group exercises and outdoor activities where the more timid participants can "wear masks" if they have stage fright or are simply not used to a big audience.

Once the masked speakers have built the "courage" to speak to a crowd, the mask would come off, according to Somphone, explaining his rather unorthodox method.

"It's more like a game, but the idea is to bring out their courage," said the US-trained agriculturist and teacher who helped organize hundreds of "shy" Laotian youths into volunteers for long-term development projects especially in the rural areas.

It was one of the tales of struggle and achievement marking yesterday's media presentation of the 2005 recipients of the "RM" Awards, considered the Asian equivalent of the Nobel Prize.

Somphone won the yearly citation for his work in community leadership.

Other awardees are: Senator Jon Ungphakorn of Thailand (for government service), Teten Masduki of Indonesia (public service), Dr. V Shanta of India (public service), Matiur Rahman of Bangladesh (journalism, literature and creative communication arts) and Hye-Ran Yoon of Korea of South Korea (emergent leadership).

The honorees arrived in Manila over the weekend and will be conferred the awards in ceremonies on Aug. 31 at the Cultural Center of the Philippines.

In his opening remarks, Somphone said the youth, as he observed them in Laos, were leading "unsustainable lives" due to the influence of globalization and consumerism, and "we adults are not preparing them enough" as the caretakers of society.

"They follow trends in fashion, mobile phones, branded clothes, motorcycles and cars. But deep down, they seem kind of lost," he later said in an INQUIRER interview.

"[Ask them] what they plan to do, what kind of life they want, what they want to be, they can't answer. But ask them which model is this or which brand is that, they all know it," he added.

The Laotian awardee was cited for his work as founder and director of the Participatory Development Training Center (Padetc), a private nonprofit institution established in 1996, whose efforts are now felt in 14 out of his country's 17 provinces.

After studying education and agriculture in Hawaii in '80s, he became engaged in several farming projects back home but soon realized that his people needed to be trained and organized "to sustain the momentum."

Training farmers was not enough, he recalled. Hence, through Padetc, he started gathering college graduates and rural-based youths to teach them the basics of project management, data-gathering, feasibility studies, etc.

One recurring hurdle had to be overcome, though: "Our young people are generally shy, especially the girls," he conceded, when asked how the training usually started.

"So what I do is I put a mask on them and send them out in the public arena where they can talk with their masks on. It's often the first step to overcome their own fears and shyness," Somphone said. "And pretty soon they would no longer need their masks and take courage from their teamwork."

Strong typhoon hovers near Northern Luzon

By Norman Bordadora

A TYPHOON packing winds of 150 kph near the center entered the Philippine area of responsibility yesterday but is not expected to hit land in Northern Luzon.

"Typhoon Isang" was spotted 1,100 kilometers east of Batanes at 2 p.m. yesterday. It was moving west at a 22-kph clip and had gustiness of up to 185 kph.

Public storm signals were not raised as late as yesterday afternoon because the typhoon's track indicated it might not make landfall in the country.

Pagasa forecast Visayas and Mindanao as experiencing mostly cloudy skies with scattered rainshowers and thunderstorms today.

It said the rest of the country would have partly cloudy to cloudy skies with isolated rainshowers and thunderstorms mostly in the afternoon or evening. It also predicted light to moderate winds from the southwest and west would prevail over the land.

Pagasa said moderate to occasionally strong winds blowing from the southwest would hit Northern Luzon. Coastal waters in the area would be moderate to occasionally rough.

Metro Manila would have partly cloudy to cloudy skies with rainshowers and thunderstorms mostly in the afternoon or evening. The area's winds, blowing from the southwest, would be light to moderate, the weather bureau said.

Gov't eyes Japan to help fund P1.2-B waste treatment plant

THE GOVERNMENT is pushing for the building of a P1.2-billion hazardous waste treatment plant in the country to address the problem of increasing volume of untreated toxic waste.

Environment Secretary Michael T. Defensor has ordered the Natural Resources Development Corp. to find sources of government counterpart fund for the ambitious project.

The NRDC was also tasked to review the four-year-old proposal by the Japan International Cooperation Agency to finance the treatment plant on a loan.

"This is the first time that we have seriously tried to seek ways to come up with GOP counterpart," NRDC president Angelico T. Salud said in an interview after an executive committee meeting called by Defensor last week.

He said Defensor has instructed him to tap the more "liberal" banks, which have loan quotas for environmental projects.

The NRDC is expected to meet with the Development Bank of the Philippines and the Landbank of the Philippines within the week to discuss the possibility of securing a P200-million loan.

The Philippine government is required to shell out 25 percent of the total project cost, based on the JICA proposal. The rest would still be a soft loan from JICA.

Blanche S. Rivera

Solons denounce plot to kill impeach bid today



Good as dead

'Let truth come out'

DBM to release ₱5.7B for infrastructure projects this week

Taxpayer money

Different from pork barrel



Joker: Impeach debates ...

In Erap's time

Prolonged debate

Arroyo formula

Multiple complaint

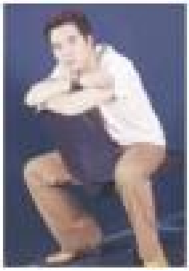
Corrections

Entertainment



Erik Santos, born to sing



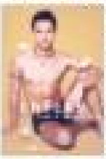


Roundup

Robert Downey weds



Top US movies this week



Chicks love a vegan

That mean dress

Set to take Venice

Wisteria Lane tragedy



How to sell your script in H'wood

INQUIRER EXCLUSIVE

. . . by working very hard, according to producer and indie champ Roger Garcia







Off-cam tension between Angel and Nadine

DollyWood

Dolly Ann Carvajal

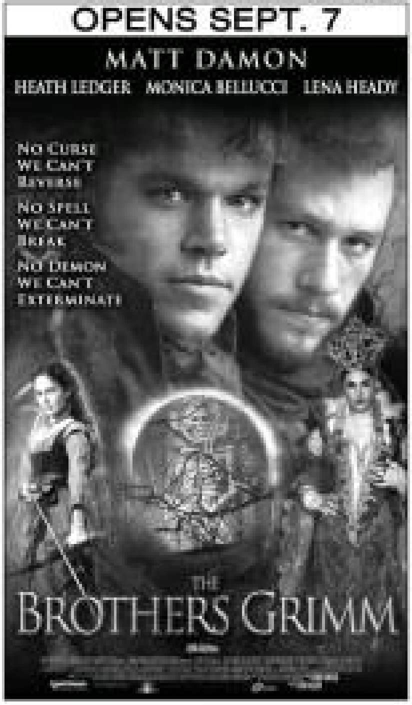


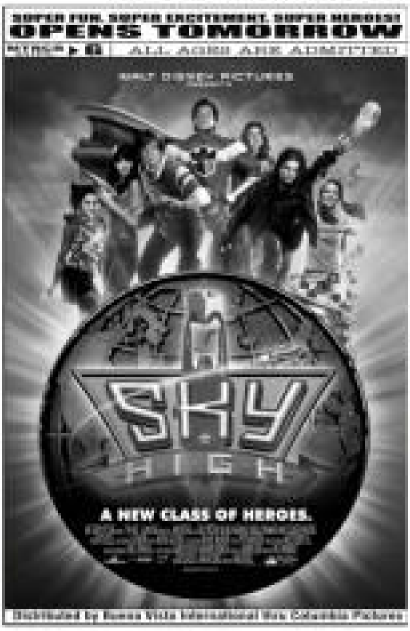
Off-cam tension…

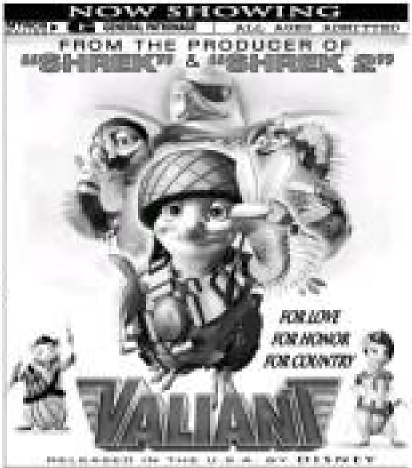
'Big Brother' bash

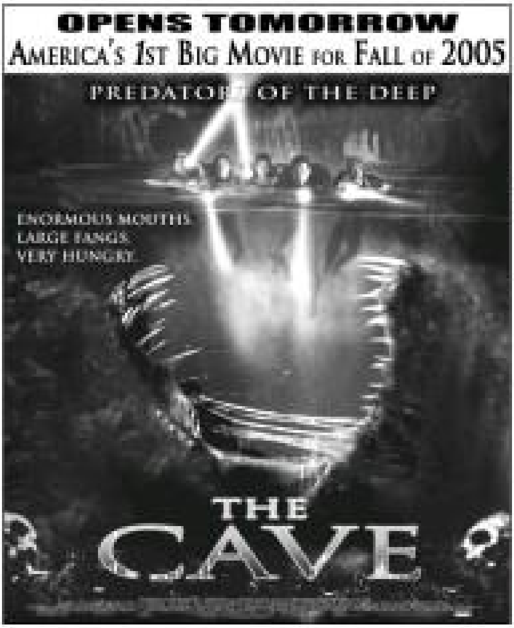
'Bridge' album













Energy secretary's pa still practices law at 92



High court to issue ruling on VAT legality this week

THE DAILY GOSPEL



THE NAIA Terminal 3.

Manila Hotel seeks permit to run Naia 3

Arbitration

Foreign loans

Not a front

2 cops prove there are still heroes

Money in belt bag

Modern-day heroes

A rookie cop

HOLIDAY BLUES

Malacañang flip-flop sows confusion, irks employers

By Jerome Aning, Christine O. Avendaño
in Manila
and Jhunnex Napallacan
PDI Visayas Bureau

EMPLOYERS scored Malacañang's late announcement declaring yesterday a public holiday, saying it only created confusion among private office workers.

Rene Soriano, president of the Employers Confederation of the Philippines, said many employees in the private sector thought they were covered by the proclamation.

The militant labor group Kilusang Mayo Uno, however, claimed that the Monday declaration was politically motivated, a ploy to delay the progress of the impeachment movement against the President.

"Malacañang is taking full advantage of the President's prerogative to declare any day a public holiday to delay the impeachment proceedings and congressional hearings on the 'Hello Garci' tapes. Though some workers received 200 percent of their daily rate, we're not at all pleased with the government's political maneuverings," said KMU secretary general Joel Maglunsod.

Soriano said employers were confused by the belated announcement since many private office workers who reported for work last Sunday were given double pay.

Also confusing was the fact that since only classes and work in government offices were suspended, private employees who reported for duty would only receive regular pay even if yesterday was declared a holiday.

Malacañang originally declared Aug. 28, Sunday, a national holiday while the Department of Labor and Employment issued its own reminder about holiday pays for those who would report for duty on that day.

Employers and employees calling DOLE's hotline 527-8000 last Friday were also told that there would be work on Monday.

Malacañang, however, reversed its decision late Saturday and declared Monday a holiday, although it excluded the private sector so as not to disrupt operations, particularly in the manufacturing sector.

Soriano said the government should issue announcements on special holidays early to avoid confusion in the labor and employment sectors.

Yesterday, Malacañang assured ECOP that it would try to declare all the holidays in advance to avoid confusion.

"We will try to comply with [ECOP's] request as much as possible," Press Secretary Ignacio Bunye said.

"I believe certain flexibilities will have to be allowed," Bunye also said, in reply to the question of whether the Palace would announce what days were considered holidays at the start of the New Year. "We don't want to paint ourselves into a corner."

Bunye said the "schedules" of holidays "were generally guides but again I believe any announcement will have to be made in advance as much as possible."

He acknowledged that it was the President who declares which day was a holiday and that this was implemented by a proclamation signed by the Executive Secretary.

In Cebu City, businessmen were also not happy with Malacañang's sudden decision to declare Aug. 29 a public holiday in observance of National Heroes' Day.

Robert Go, Cebu Chamber of Commerce and Industry president, said their schedule was affected even if the special nonworking holiday applied only to the public sector and classes at all levels.

He said some businesses had incurred losses in terms of time and efficiency because they had to reset their transactions with concerned government agencies while adjusting their calendar to accommodate the new schedules.

Go said that if the regular holiday falls on a Sunday, the next day should not be declared a holiday, as the country already had so many holidays, regular and special holidays.

Too many holidays, he added, would not be good for the business sector because it could affect the productivity and efficiency of companies.

Go said the chamber would write to Malacañang endorsing the proposal of the foreign chambers of commerce to schedule the holidays six months in advance.

Five foreign chambers of commerce earlier lambasted Malacañang's penchant for declaring "surprise holidays" which, they said, interfered with companies' production schedules.

Under the Arroyo administration's policy of holiday economics, holidays that fall on weekends are moved to either Friday or Monday, thus extending the weekend to three days.

Goodbye Paris, hello Seoul

THE DEPARTMENT of Tourism has closed its office in Paris and opened a new one in Seoul, South Korea.

The new DOT office, to be headed by an attaché, opens on Sept. 15 at the President's Hotel, located in the commercial center of Seoul.

The Paris office was closed last May and its budget and key personnel would be used for the upkeep of the Seoul office, according to Undersecretary for Tourism Planning and Promotions Eduardo Jarque Jr.

The DOT tourism office in Seoul would maintain the Philippines' strong presence and accommodate the growing number of inquiries among outbound travelers, according to Secretary Joseph Ace Durano.

Latest surveys showed that the Philippines has overtaken Thailand as the second most preferred Southeast Asian destination among Korean tourists.

The Philippines also emerged fifth among the Koreans' top travel destination in the world, according to the DOT.

For the month of June, Korean arrivals registered a 45 percent growth rate compared to the same period last year, Durano said.

He added that DOT expects a sustained growth rate in September and October, the wedding season in Korea, when there would be hundreds of honeymooners traveling abroad.

DOT is promoting the country in Korea through the slogan "More than the Usual Warmth … Feel the Philippines." *Jerome Aning*



FLEEING KATRINA. Residents and tourists flee New Orleans, Louisiana, to escape the fury of Hurricane Katrina barreling toward the US gulf coast city.

Oil firms earn billions of pesos amid crisis

Economy grows 4.8%

Record oil prices

Political turmoil

Doing fine

Bigger remittances

Weak exports

Explanation

World price hits $70 a barrel; Asia nervous

Perfect storm

Uncertainty

PILOT CLASSES

Madrasah now in Metro schools

First 'Maids' summit set



Gov't to set up new body to combat illegal recruitment

The WORLD

Million Americans flee giant hurricane

NEW ORLEANS—Gusty winds and heavy rain squalls swept across southern Louisiana on Monday as giant Hurricane Katrina bore down on the US Gulf coast and threatened to swamp the city of New Orleans.

[illegible]

Reuters

TERROR BREEDS TERROR

Beslan hostage-takers' parents tell their story

By Sebastian Smith

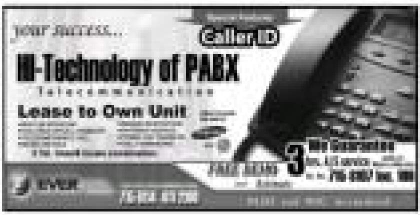
[illegible]

AFP



PICTURE taken Sept. 4, 2004 shows relatives of victims of the Russian hostage siege crying at the cemetery in Beslan, North Ossetia.

N. Korea says it won't rejoin nuke talks for now



WorldBriefs

Dirty bomb from Asia

Cancer-killing technique

Iraq charter

Child sues Canberra

Have gun, will judge

Prosthetic for elephant

OPINION



Holiday politics

EDITORIAL

'Black oxygen'

VIEWPOINT

Juan L. Mercado

Good and bad

THERE'S THE RUB

Conrado de Quiros

SC ruling on tapes weakens impeachment case

Political Tidbits



Belinda Olivares-Cunanan

A glass for filling

Young Blood

Ad hoc holidays

At Large



Rina Jimenez-David

Letting go

Sense and Sensibility



Notice to Youngblood contributors

They Said

Showbiz intrigue

Toilet management

Employee welfare

The INQUIRER is a member of the PHILIPPINE PRESS INSTITUTE

Sign of a true, meaningful democracy

Safety of motoring public at all times

Give consumers a break by being honest, transparent

Anti-breastfeeding ad



SEGUNDO Tabayoyong explains alleged discrepancies in the election returns he was studying.

Why the raid on Tabayoyong's place?

The cry of teachers

Crossed-check policy meant to protect pensioners

GMA should keep promise to coco farmers

Do you think that oil rationing is necessary?



With prices of oil going up, in what specific ways can you help conserve energy?

Across the NATION

Investors wary of fight over Subic top post

SUBIC BAY FREEPORT—Investors and locators here are wary of the hasty changes in the administration setup of the controversy-hounded Subic Bay Metropolitan Authority, following the resignation of SBMA Chair Francisco Licuanan III.



BELLS WITH NO HUNCHBACKS

Army says NPA rebel captured in Mindoro

Tips for saving energy proposed for schools

Speaker sees federal Mindanao state in '07

[illegible]



DISRESPECT

As the country commemorated National Heroes' Day on Sunday, this public park in Bayombong, Nueva Vizcaya becomes a virtual dump for illegal sidewalk vendors who have put up stalls in the area.

ROUNDUP

4 killed in ambush

[illegible]

2 soldiers hurt in clash

[illegible]

Scholar tops dean's list

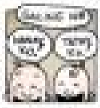
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Investors to visit Mindoro



[illegible]

Training for single parents



[illegible]

Boat impounded

[illegible]

More videos of old Filipino movies released

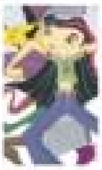
VIEWFINDER



Nestor U. Torre

[illegible]

On 'toon network



[illegible]

Abra gov, wife sign covenant to end violence



ISLAND HAVEN





SALVAGE OPERATION

MILF says no need for change in form of gov't for peace

Bureau exec faces charges of dishonesty, falsification

Jeep fare in W. Visayas up 50 centavos

Bill on correcting flaws in bases conversion filed

Threats

Court ruling



FOGGY WORKOUT

4,000 hectares of Danding land given in Negros

Power co-op warns of higher rates due to taxes

FVR says largest dam in Luzon has enough water for 3 cities



LUSH FIELD

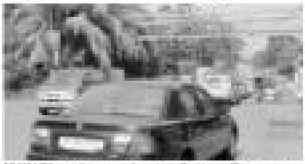
AFP plans troop pullout from Boracay

Lifestyle check on DENR-Caraga execs urged

Fewer helicopter rides for chief of PNP

METRO

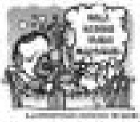
Bernabe given 1 week to close BF gates



By Jocelyn R. Uy

METROBRIEFS

Tough luck for helpful neighbor



Gone in 4 minutes

MMDA links up with bike groups for lane routes

By Tara V. Quismundo



PDI employees join bikers on the road

By Charles E. Buban

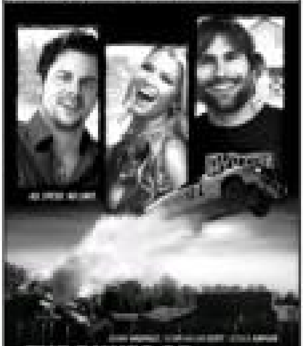
8 injured in clash of rival garbage groups; strike on 4th day

By DJ Yap and Jocelyn R. Uy

Maliksi didn't go to casino, says casino official

ON TARGET





'Sky High' delivers

By Oliver M. Pulumbarit
Contributor

Review

[illegible]

Fresh, funny

[illegible]



DONG ABAY

'Take note, one word'

Spin City

[illegible]

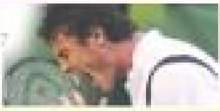
New band

[illegible]

WHAT'S INSIDE



- Rosuli out of crucial game vs Mapua /A26
- De Guzman leads 5-gold romp by RP gymnasts /A26
- Saito withdraws due to hurting knee /A27
- NBC five trounces S'pore for win No. 1 /A27



'Scrap SEAG caging if RP is out'

"If we don't get to play, why stage basketball at all?"

Natl's ready for Asia's best–Reyes





HOME ARE THE CHAMPS

Netters Mamiit, Taino give Uzbekistan tourney a miss

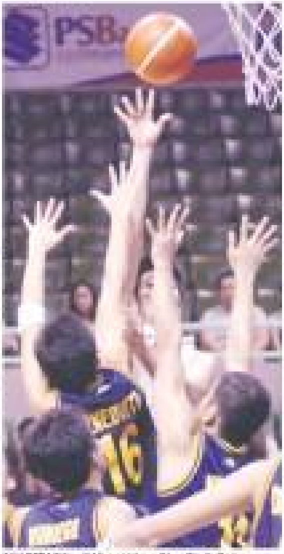
23rd SEA Games



BIG SENDOFF

Baculi to miss crucial game versus Mapua

By Jasmine W. Payo



De Guzman leads 5-gold romp by RP gymnasts

Juvic banners Samsung cast



Taiwan stint for national shuttlers, thanks to MVP

By Marc Anthony Reyes

Cabagnot Case, Part II

SPECTATOR

Al S. Mendoza





PowerSmash Open fires off Oct. 8

108 fights today at Cainta Coliseum

6-6 height limit for imports in PBA kickoff tourney

By June Navarro



Safin withdraws due to hurting knee

NBC five trounces S'pore for win No.2

Injuries take toll on women as US Open action kicks off



It's Faxon in sudden death

Hope Christian, UE spikers strike again

Kerr thwarts Sorenstam



Korean tops Class A, leads Eagle Ridge August titlists

BUSINESS

Mall owners open to enercon measures

MALL owners are amenable to the proposal to open their establishments later in the day and closing these later in the night in an effort to manage their electricity demand, and to implement as well some of the government's energy conservation measures.



CURRENCIES

STOCK MARKET

OIL CRISIS, VAT EFFECTS

Neda growth targets doubted

2 PNB execs quit

WHAT'S INSIDE



Bitter luck next time

BREAKTIME

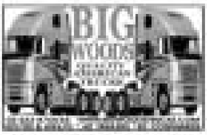


BSP to builp up forex reserves to $18.6B in 2006

By Doris C. Dumlao

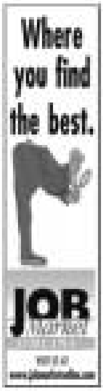
Neda growth targets . . .











IMI plans to borrow $80M for Singapore firm acquisition



iVantage selling 30% stake in computer distributor

Mall . . .

Disclosures

2 PNB execs quit

$375-M Leyte-Mindanao project to be revived

By Abigail L. Ho



Digitel seeking NTC OK for new offerings

Breaktime

BUSINESS

Oil firms start selling cheap ethanol gas

By Abigail L. Ho



MINING INVESTORS

Trade sentiment of Japan firms in RP fell in Aug.

Australia tribunal settles suit involving Aboitiz unit

NRMDC set to bid out Surigao mine contract

LIFESTYLE

For feedback, e-mail us at lifestyle@inquirer.com.ph

Text us your feedback: inquirer life name/age/city/message to 2207 (Globe) or 283 (Smart)

Editor Chelo Banal-Formoso

MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY 2BU • THURSDAY FOOD • FRIDAY FASHION & BEAUTY

No-drug approach to health

INSIDE OUT



Cory Quirino

MORE non-medicinal, no-drug approaches to a healthier you are being introduced. Here are some of them:

Reducing blood pressure

• Take 1,000 mg of Vitamin C daily. According to a United States Department of Agriculture research, supplementation of Vitamin C for six weeks "shaved an average 8-10 points off systolic readings and an average of 7 points off diastolic readings in those with borderline high blood pressure. It even decreased normal blood pressure."

• Limit salt/sodium intake to no more than 2,400 mg daily. Minimize consumption of processed foods loaded with hidden sodium. Check food labels well.

• Lose weight if you are overweight. Ten pounds is enough to make an impact. Studies show excessive weight is the most common cause of high blood pressure.

• Avoid alcohol or at least limit yourself to two drinks daily if you are a man, one drink daily if you are a woman.

• Exercise regularly—at least half an hour a day.

• Eat more fruits and vegetables. According to Harvard nutritionists, these foods have fiber and chemicals that lower blood pressure. Potassium, a mineral found in fish, milk, fruits and veggies, just might save you from a stroke. A banana, apple, orange/ orange juice, tomato/tomato juice, almonds, carrots or spinach daily could spell the difference between life and death.

In a study of diets of 859 men and women over 50, Dr. Kay Lee Khaw, together with colleagues at the University of California, showed that the intake of potassium reduced the risk of stroke. The more potassium you take the greater the protection you have.

Body, brain power

• Take multi-vitamins daily. Studies have shown that the intake of modest amounts of vitamins/minerals can ensure and improve biological intellectual functions.

• Take anti-oxidants—Vitamin E, Vitamin C, alpha-lipoic acid coenzyme Q10 plus pycnogenol, gingko biloba—for extra brain power.

• Eat foods rich in anti-oxidants—fruits and veggies, especially berries like blueberries, strawberries, etc. (Philippine herbalists believe in the power of local berries like bignay).

• Drink tea regularly. Dr. John Weisburger, scientific researcher, American Health Foundation, says tea is one of the best health drinks. One tea bag in a cup of boiling water gives an anti-oxidant boost equivalent to 1/3-1/4 of the total daily recommended amount according to Tufts University researchers. Black tea, green tea, hot or cold, makes for a healthy beverage.

• Avoid bad fats. Stay away from trans fatty acids in processed foods such as margarines, fastfood french fries, fried foods in fastfood restaurants. Avoid/ minimize omega-6 vegetable oils overload like corn, safflower, sunflower. Avoid hydrogenated vegetable oils. Check the food labels. Minimize animal fats - meat, whole milk, butter cheese.

• Consume omega-3 type fish oil by eating fish or taking supplements at least three times a week. It's a great mood lifter.

• Watch your blood sugar. Minimize sugar intake.

• Consume more legumes—beans, lentils, mongo

(Reference: "Your Miracle Brain" by Jean Carper)

Body-mind cleansing

To keep your body in the best condition, you must start from within. Pamper yourself regularly body and soul.

• Take a cold shower each morning.

• Dry skin brushing with a loofah or brush is good for circulation and detoxification. Sit or stand in front of a mirror. Brush upwards from the feet towards the direction of the heart. Three to four minutes will do. Note: Use circular motions for the tummy area. Use only a flannel cloth for face.

• Give yourself a rub-down or massage. Knead or rub your body from feet to neck firmly but gently for three minutes.

• Take a ten-minute break daily wherever you may be.

• Laugh or smile everyday.

• Say five affirmations or do five visualizations daily. This is a power regimen. Suggested affirmations: "I am in control of my life; I am at peace; I attract only loving people in my life; I am successful; my body is getting healthier each day."

Visualizations: "Imagine you are in your dream car; relaxing by the sea under a coconut tree; your bank book balance is P5 million; you are with your soul mate; traveling to exotic getaways; your body is trim and your face youthful…"

Snack right

If you get an attack of the munchies, try almonds, soy chips, soy crackers. For a healthy filling meal, try this tuna rice dish:

1 small c of tuna
1 tsp olive oil
½ stalk celery
2 tbsp of rice
1 tbsp red beans
½ cooked beet root/sugar beets or sautéed celery

Saute tuna and celery in olive oil, add cooked rice. Mix in cooked red beans, top with beet root (optional). Enjoy!

(Reference: "Detox Yourself" by Jane Scrivner)

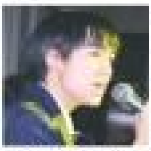
Good medicine

Given its newfound health benefits, it doesn't hurt to try two tablespoons of virgin coconut oil as a health food supplement.

Life is good. And the universe rewards a generous heart. So don't scrimp on goodness today because with every act of generosity, you are upholding life.

Love and light!

To keep your body in the best condition, you must start from within. Pamper yourself regularly body and soul













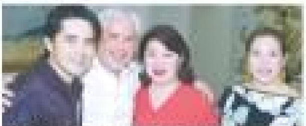
Birthday bash for banking whiz

WITHOUT BATTING AN EYELASH










Hypnosis is not for amateurs

INNER AWARENESS

Jaime T. Licauco



Painless way to lose weight

WELL AND GOOD

Tina Juan



Protein

Carbohydrates

Vinegar

Volume of food

EXERCISE OF THE WEEK





Straight leg lower and raise on mini ball